

Centennial Connection

Newsletter

A letter from Amy

Spring is in full swing, and I don't know about you, but I couldn't be more excited about it. Longer days, warmer temps, and plants are starting to pop up and bloom. As always, a new season means lots of new programs and trips and I hope that you enjoy all the new offerings we have. CRC Striders returns for those of you looking to get in some exercise guided by a personal trainer in a fun, small group setting. There are a lot of free programs and seminars coming up including Brain Games, programs on retirement and planning for the future, and a fun program diving into the life of John Ringling and his second wife Emily.

Our monthly luncheons continue with fun new themes and entertainment and as always, reserved tables are an option for those that have a group of friends that they would like to sit with. If you have friends attending a luncheon and you would like to make sure that you get seats together, please let either myself or Didi know so that we can be sure to seat you together. We don't always remember who wants to sit with who and sometimes new friends might be joining you that we don't know yet so please be sure to give us a list for each luncheon so that we can be sure to get your seating requests correct.


June will also start our ½ price membership sale. If you know someone that you think would enjoy all the programs and events we have, be sure to let them know that they can try membership out for half price. This discounted membership will be effective June 1 – December 31 of this year. If you are already a CRC member, you don't need to renew at this time as your membership is good for the entire year.

As always, I hope to see you soon!



Amy Srail

PROGRAM SUPERVISOR

 (630) 993-8961

Weekly Activities at CRC

MONDAYS

9-10:30 am	CRC Striders* (starts May 15)
11 am-2:30 pm	Pinochle
1:45-2:15 pm	Mindfulness*
2:30-3:30 pm	Chair Yoga*

TUESDAYS

10 am-3 pm	Quilters
10:30-11:30 am	Line Dancing* (Continuing/Advanced Beginner)
11:30 am-12:30 pm	Line Dancing* (Beginner)

WEDNESDAYS

10:15-10:45 am	Mindfulness*
11 am-Noon	T'ai Chi for Health*
Noon-3 pm	Quilters
Noon-3 pm	Red Hats (1st Wed of the month)

THURSDAYS

Noon-4 pm	Duplicate Bridge
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FRIDAYS

Varies	Special & Monthly Events
11:45 am-12:15 pm	Mindfulness*
12:30-1:30 pm	Mental Flexibility* (2nd and 4th Friday of the month)

**Pre-registration required.
Additional fee may apply.*

PROGRAMS

The following programs are held at Centennial Recreation Center (CRC).

Pre-registration is required. Register at epd.org, or call (630) 993-8193 to reserve your spot.

FREE

NEW! Retire Ready in Today's Economy

Ages 55 and up

Join host Roz Kovel as she helps to shed light on the impact the White House could potentially have on you and your retirement assets, how you can maximize Social Security, Tax Reduction Strategies, important insights on Long-Term Care, and much more. **FREE to attend but space is limited so reservations are required.**

Fee: Free

RP01317-01 Tu 5/2 6:30-8pm

FREE

NEW! The Second Mrs. Ringling

Ages 50 and up

Join Ellen Brosnahan, author of the novel "The Second Mrs. Ringling", and follow Circus King John Ringling and his second wife Emily from their Park Avenue apartment to the Ringling mansion. Ellen's presentation will let us peek behind the closed doors of this celebrated couple of the 1930's. Sponsored by Maureen Wood of BrightStar Care, **this program is FREE to attend however pre-registration is required.**

Fee: Free

RP16436-01 W 5/17 1-3pm

Sponsored by

BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard

FREE

NEW! ReThink Retirement – Senior Living Options

Ages 50 and up

This program will educate seniors and their families about the retirement housing options available to them. Life Care, Rentals, and Active Retirement Communities along with the risks of staying at home or downsizing to a condo/townhome will all be discussed.

Presented by Chip Dell, Director of Sales at Park Place of Elmhurst, **the program is FREE to attend but pre-registration is encouraged as space is limited.**

Fee: Free

RP16423-02 Th 5/18 6-7pm

Sponsored by



FREE

Rules of the Road

Ages 62 and up

If your license is due for renewal this year, be sure to take advantage of this FREE refresher course offered by the Secretary of State's office. Laws change, signs change – do not get caught unprepared. **Pre-registration is required.**

Fee: Free

RU16407-01 W 6/14 10am-Noon

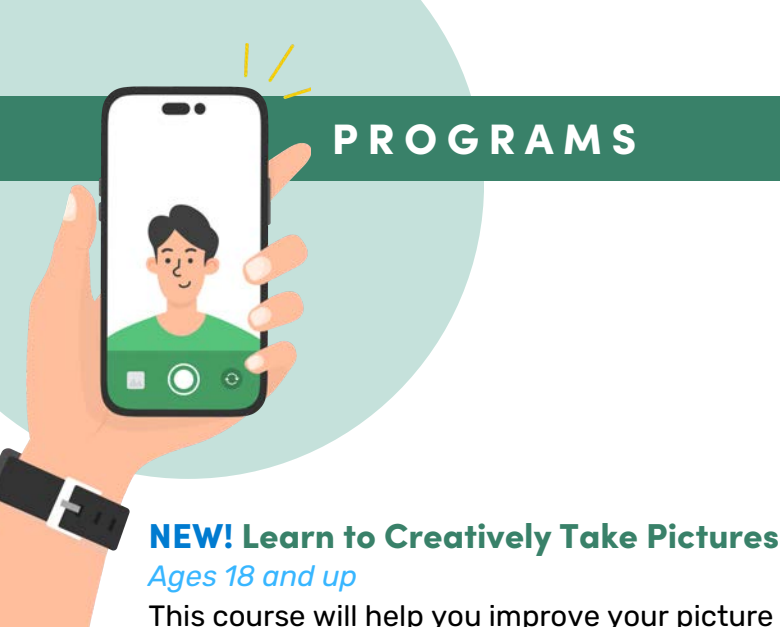


DID YOU KNOW?

As a CRC member, you can register for programs and events over the phone!



(630) 993-8193



PROGRAMS

NEW! Learn to Creatively Take Pictures

Ages 18 and up

This course will help you improve your picture taking skills by introducing the creative side of traditional film or digital photography. Topics include use of color, improving use of texture in the photo, and lighting. Participants must bring a digital camera to class. Instructor:

Laurie Piton

Fee: \$89R/\$94NR

RU01304-01 W 6/7-6/21 6-8pm

NEW! Learning Your Compact Digital Camera

Ages 18 and up

If you're still wondering about all the features of your newly purchased digital camera or iPhone, this class is for you. Instructor Laurie Piton will cover digital camera basics including pictures as pixels, memory, resolution, choosing your digital camera and exposure control. Participants must bring a digital camera with media card or camera phone.

Fee: \$74R/\$79NR

RU01311-01 M 6/26 6-8pm

ART

The following art programs are available for ages 18 and up and are open to all skill levels.

All classes cost \$22R/\$27NR (unless indicated otherwise) and include all materials. Classes are held at Centennial Recreation Center (CRC) and **pre-registration is required.**

Recreating the Masters

Ages 62 and up

Art schools have for many years encouraged students to copy the works of other artists to experience the techniques and colors they used. You will be doing the same in this class, working with acrylics, on canvas. Step by step instruction will be provided as you create a work of art. Instructor: Colleen Koziara



Ville-d'Avray by Jean-Baptiste-Camille Carot

RP01305-02 M 5/8 9:30-11:30am



Richard Mayhew

RU01305-01 M 6/12 9:30-11:30am



Tour the CRC!

Call us to schedule a tour or simply stop by! We'll be happy to show you around!



(630) 993-8193

ART

Recreating the Masters – Evening Edition

Similar to the daytime series, the evening edition will also recreate Master's works of art, but the focus will be on abstracts, animals, cubism, nudes, myth, legend, primary colors and monochromes. Instructor: Colleen Koziara



Yellow Hickory Leaves with Daisy
by Georgia O'Keeffe

RP01316-02 W 5/17 6:30-8:30pm



Georgia O'Keeffe

RU01314-01 W 6/7 6:30-8:30pm

NEW! Ink & Watercolor Flower Bouquet Painting

In this class we will learn to combine ink pen and watercolor to paint a beautiful painting of flowers in a vase! You will learn to apply several watercolor washes over ink, mix colors, and work with wet-on-wet watercolor techniques. Demonstrations and plenty of guidance will be given. Instructor: Marie Strauch

RP01320-01 W 5/24 10am - Noon

HEALTH & FITNESS

Health, Fitness and Wellness classes are held at CRC and are open to those ages 50 and up unless otherwise noted. **Pre-registration is required.** More complete descriptions can be found in the Elmhurst Park District Spring and Summer brochures.

NEW! Falls: They Don't Have to Happen to You

Learn the risk factors, causes and consequences of a fall, simple things you can do around the home and when out and about to reduce your risk of falling, and what steps you can take to improve your balance and maintain your quality of life. Participants in the Falls program are then welcome to stay and participate in the T'ai Chi for Health class immediately following. Instructor: John Robertson

Fee: \$20R/\$25NR

RP16434-01 W 5/3 9-11am

T'ai Chi for Health

This gentle, flowing exercise routine focuses on rocking motions and stretching movements to improve circulation and reduce physical tension. Controlled breathing reduces stress and anxiety, helping calm the mind. The exercises are easy to learn, and students may choose to sit or stand as needed, making this class suitable for all ages and abilities.

Instructor: John Robertson

Fee: \$77R/\$82NR

RP16408-01 W 5/3-6/21 11am-Noon



HEALTH & FITNESS

Chair Yoga

Specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis and back injuries. Class will focus on improved breath and lung capacity, improved posture and core strength, joint flexibility and range of motion expansion, as well as moves that work the fitness level of the brain. Each class concludes with a short, guided relaxation and meditation. Instructor: Colleen Koziara

Fee: \$55R/\$60NR (6-week session)

RP16410-01 M 4/17-5/22 2:30-3:30pm

Fee: \$36R/\$41NR (4-week session)

RU16410-01 M 6/5-6/26 2:30-3:30pm

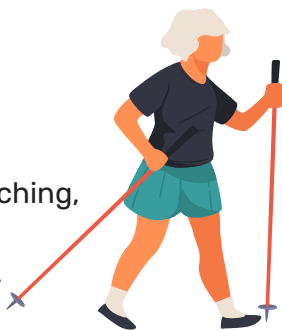
CRC Striders

This fun walking/fitness club will focus on walking, low impact exercise, stretching, and fun. Suitable for all fitness levels and abilities, class will be led by personal trainer Karen Augustyn. Each class will feature a variety of exercises to provide a total body workout that is different every day. Modifications for all exercises will be available to ensure that participants are able to work at their own pace. Class will meet at the CRC gym and will be held inside and outside (weather permitting). **No class May 29 or July 3.**

Fee: \$27R/\$32NR

RP16437-01 M 5/15-6/12 9:30-10:30am

RU16436-01 M 6/19-7/24 9:30-10:30am



Line Dancing

Fantastic for your mental memory & your muscle memory, line dancing is a great, low impact workout. Join experienced line dance instructor "Boot Scootin' Judy Rice" as she teaches the most current dances being done at the saloons & dance clubs in the Chicago area. Dances are simple for beginners & you will dance to country & non-country songs. The continuing class is for those that have successfully mastered beginning line dancing and are ready for more challenging dances.

No class July 4.

Fee: \$30R/\$35NR

Beginner

RP16426-01 Tu 4/18-5/23 11:30am-12:30pm

RU16427-01 Tu 6/6-7/18 11:30am-12:30pm

Continuing/Advanced Beginner

RP16426-02 Tu 4/18-5/23 10:30-11:30am

RU16427-02 Tu 6/6-7/18 10:30-11:30am

EVENTS

All events are held at Centennial Recreation Center (CRC) and **pre-registration is required.**

Bingo

Ages 62 and up

Join us as we enjoy our monthly Bingo game with prizes for the winners. A special gift for those with a birthday that month. Light refreshments will be provided by that month's Bingo sponsor.

Fee: FREE for CRC Member;

\$2R Non-Member/\$3NR Non-Member

RP16400-02 F 5/12 10-11:15 am

RU16400-01 F 6/9 10-11:15 am

Sponsored by



FREE Brain Games

Ages 62 and up

Keep your brain and cognition healthy with these fun group activities! Sponsored by Adam Apostolovich of Life Stages Illinois, this program is a great way to flex your mental muscles as we play games using logic, memory, words, math and more. FREE to attend although pre-registration is required.

Fee: Free

RP16427-01 W 5/24 1-2 pm

Sponsored by



Monthly Lunches

Ages 62 and up

Join us for an afternoon of song, dance, food and fun during our monthly luncheon program. In May we're hosting an Italian themed party with entertainment by Jack Miuccio. In June we'll be celebrating our nation's independence and freedom at our Patriotic Party with entertainment by Maureen Christine.

Registration and cancellation deadline is the Friday before.

Fee: \$20 CRC Member; \$23R Non-Member; \$25NR Non-Member

Festival Italiano

RP16403-01 F 5/26 11:30 am-1:30 pm

Patriotic Party

RU16404-01 F 6/23 11:30 am-1:30 pm

Sponsored by





FREE

NEW! CRC 1 Year Birthday Bash

Ages 50 and up

CRC is 1 year old, and you're invited to join us at a Birthday Bash celebration! This event will feature a vendor fair, entertainment, music, class demonstrations, refreshments and more, so don't miss out on this morning of fun! Sponsored by Kelly Stetler - Compass Realty, and Park Place of Elmhurst, this event is FREE to attend but pre-registration is required to ensure adequate refreshments and supplies are available. Please call CRC at (630) 993-8193 to reserve your spot.

Fee: Free

RU16435-01 F 6/16 10-11:30 am

Sponsored by



EVENTS



CRC DROP-IN GROUPS

Pinochle, Duplicate Bridge, Red Hats and Quilters are all groups that meet here at CRC.

These self-formed groups are not instructional. If you are interested in playing **Pinochle** or **Duplicate Bridge**, stop in during their meeting times to chat with their group about getting involved.

You can also call CRC and leave your name and number if you'd like to have someone from the group give you a call.

The Quilting group is a great way to work on your own projects while enjoying some great company and socialization. Please note that sewing machines are not available.

Red Hats meets once a month to play board games. If you are a current Red Hat or interested in getting involved, please visit during their normally scheduled meeting time to learn more.



CRC MEMBERSHIP

Join in June and Save!

**50%
OFF**

MEMBERSHIP
\$15R/\$20NR

(62+)

**HALF-PRICE
MEMBERSHIP SALE
STARTS JUNE 1**

Located in Centennial Park, the Centennial Recreation Center (CRC) is home to a variety of programs and events. In addition to weekly drop-in activities, CRC also offers a number of programs, events and trips available at an additional fee*. **Membership includes:**



Community

Find your community
at the CRC



Perks

Receive seasonal newsletters,
phone registration,
and discounted member
pricing on luncheons



Free BINGO

Play BINGO for free!
And get a prize for
your birthday

**These fees are charged to cover the costs of running the programs including, but not limited to, instructors, supplies, catering, entertainment, and transportation for trips. Fees and registration information for specific programs and events can be found with the descriptions for those activities.*

Centennial Recreation Center

155 E. St. Charles Rd., Elmhurst (630) 993-8193

TRIPS

Leave the driving to us and find your fun on one of our next trips! **Additional trip details can be found in the Spring & Summer EPD Brochures and online at www.epd.org.**

Travelers must be ages 21 and up to participate in the following trips.

NEW! Fitzgerald's Fish Boil



Wednesday, May 24, 3:30-8 pm

Join us for the unique dining experience of a fish boil without having to gravel all the way to Door County. Dinner will include your choice of North Atlantic Cod (from the fish boil) or chicken, boiled potatoes and onions, homemade coleslaw, rye bread, coffee or soft drink and dessert. On our way home we'll make a quick stop at the International House of Wine and Cheese. Fee includes transportation and dinner at Fitzgerald's. **Registration deadline is May 5.**

RP20320-01 **Fee:** \$69R/\$74NR

NEW! Chicago Fireboat Tour & Navy Pier



Friday, June 2, 11:30 am – 6 pm

Hop aboard the Fred A. Busse where we'll cruise the same waterways where this boat used to fight fires. Expert docents will guide us from lake Michigan, through the Chicago locks, then onto the Chicago River. The tour will highlight the city's architecture and history, and some of the boat's history with the Fire Department as well. Fee includes transportation, tour & cruise and a stop at Navy Pier. Any purchases at Navy Pier are on your own. **Registration deadline is May 21.**

RU20326-01 **Fee:** \$84R/\$89NR

NEW! Dinos, Dining & Drives



Tuesday, June 20, 8:30 am – 4 pm

We're driving up to Rockford where our first stop will be the Burpee Museum of Natural History. Home to a number of unique exhibits including live reptiles and an impressive collection of fossils and dinosaurs, Burpee also houses a world-renowned Paleontology program. We'll meet up with our docent who will take us on the museum's most popular tour, the Fossil & Dino Tour. There will also be time to explore the rest of the museum on your own and you may even see a paleontologist at work! After our Dinosaur expedition we're driving over to the Machine Shed Restaurant for a delicious family style lunch which includes classic fried chicken, old fashioned pot roast, mashed potatoes with gravy, vegetable, and Machine Shed's famous fixins: coleslaw, cottage cheese, and fresh baked bread. Fee includes transportation, museum admission and exhibitions, guided tour, lunch & lunch gratuity. **Registration deadline is June 4.**

RU20328-01 **Fee:** \$89R/\$94NR

Grant Park Music Festival



Wednesday, July 12, 4-9 pm

Enjoy a summer concert under the stars in Grant Park with reserved seating at the Jay Pritzker Pavilion. The Grant Park Orchestra welcomes the sensational young conductor Gemma New for Tchaikovsky's Piano Concerto No. 1. There will be time before the performance to grab dinner on your own at one of the nearby restaurants or you may bring your own picnic dinner with if you prefer. Fee includes transportation, reserved pavilion seating and pre-performance lecture. **Registration deadline is May 25.**

RU20307-01 **Fee:** \$69R/\$74NR

TRIPS WALKING KEY



**Minimal
Walking**



**Some
Walking**



**Moderate
Walking**



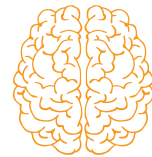
While all programs and groups are free to DuPage County residents aged 60 and up and caregivers, pre-registration is required. For more information or to reserve your spot in any of the following programs, please contact MFS at (331) 871-5537.

Mindfulness



A 30-minute session where participants will practice breathing exercises, meditation and other mindful activities. Mondays from 1:45–2:15 p.m. and Wednesdays 10:15–10:45 a.m. Be sure to sign up for the Elmhurst Park District Chair Yoga or T'ai Chi programs that immediately follow Mindfulness to bring your state of relaxation to a whole new level!

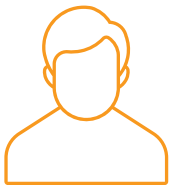
Mental Flexibility



An hour-long class where participants will learn how to be mentally flexible in order to live fully with life's pressures, such as stress, illness, anxiety, depression, aging issues, chronic pain and more. Class meets the 2nd and 4th Friday of the month from 12:30–1:30 p.m. Zoom and in-person attendance available.

Men Supporting Men

An hour-long support group to discuss men's issues and develop healthy coping skills. Group meets every 1st and 3rd Friday from 12:30–1:30 p.m. Zoom and in-person attendance available.



Caregiver Support Group

A 90-minute support group for caregivers of older adults and individuals with disabilities to get answers, share experiences and find support. Group meets every 2nd and 4th Thursday from 10–11:30 a.m. Zoom and in-person attendance available.



All programs are held at Centennial Recreation Center (CRC)
155 E. St. Charles Rd., Elmhurst.



May

2 Karen W.
6 Janet W.
8 Michela S.
8 Bev S.
12 Evelyn M.
16 Diane M.
18 John W
21 Marilyn R.
22 Roberta M.
29 Patricia V.
30 Ken H.

June

5 Isabel M.
6 Sandra G.
11 Douglas B
16 Sally H.
17 Pat C.
22 Donna K.
22 Theresia L.
24 Jane H.
24 Jim K.
27 Roberta O.
28 Carole K.
28 Valeria K.